PORTION CONTROL GUIDE

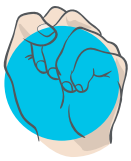
FORGET CALORIE COUNTING.
TRY THIS METHOD INSTEAD.

Most people think controlling portions means counting calories, but we think there's a better way. Try our (much easier) Hand Measure system instead.

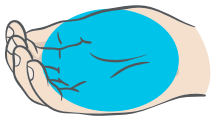
YOUR HAND IS ALL YOU NEED

Your hand is proportionate to your body, its size never changes, and it's always with you, making it the perfect tool for measuring food and nutrients - minimal counting required.

A serving of protein = 1 palm

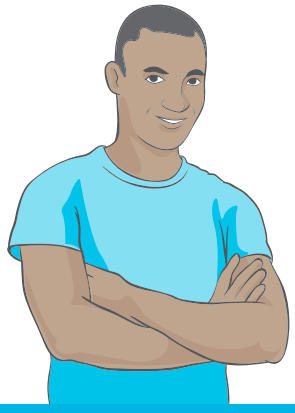


A serving of vegetables = 1 fist

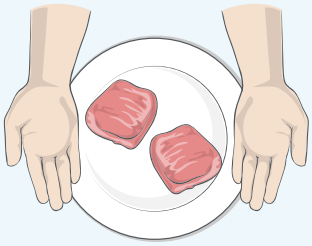


A serving of carbs = 1 cupped hand

A serving of fats = 1 thumb



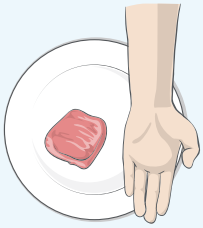
HERE'S HOW TO USE THIS METHOD TO BUILD A PLATE



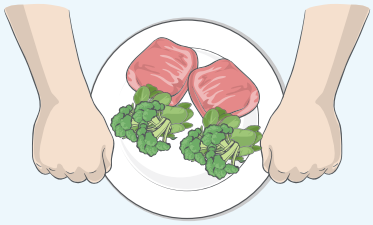
Men:
Two palm-sized portions
(~ 40-60 g protein)

STEP 1
PROTEIN

Meat, fish, eggs,
cottage cheese,
and Greek yogurt



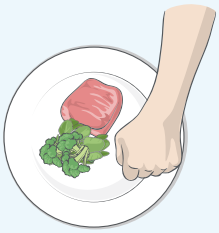
Women:
One palm-sized portion
(~ 20-30 g protein)



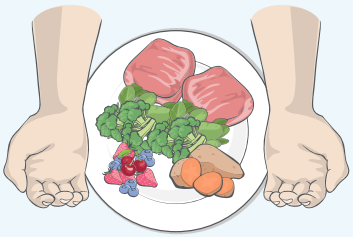
Men:
Two fist-sized portions

STEP 2
VEGETABLES

Broccoli, spinach,
salad, carrots, etc.



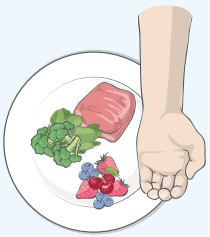
Women:
One fist-sized portion



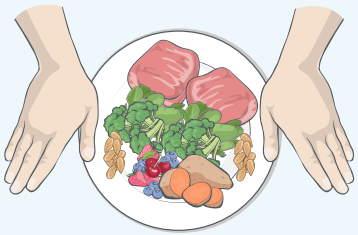
Men:
Two cupped-hand sized portions
(~ 40-60 g carbs)

STEP 3
CARBOHYDRATES

Grains, starches,
beans, and fruits



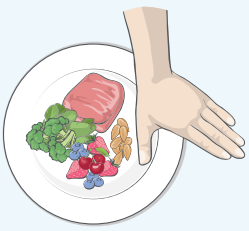
Women:
One cupped-hand sized portion
(~ 20-30 g carbs)



Men:
Two thumb-sized portions
(~ 15-25 g fat)

STEP 4
FATS

Oils, butters,
nut butters, nuts,
and seeds



Women:
One thumb-sized portion
(~ 7-12 g fat)

Men eating 3-4 meals as outlined would get around 2,300 - 3,000 calories each day.
Women eating 3-4 meals as outlined would get around 1,200 - 1,500 calories each day.

NOW, CUSTOMIZE THE PLAN FOR YOU

Active men do best with 6-8 servings of each food group per day (~2,300-3,000 kcal).
Active women do best with 4-6 servings of each food group per day (~1,500 - 2,100 kcal).

From there, adjust the number of portions to meet your personal needs and goals.

IF YOU NEED MORE FOOD BECAUSE YOU...

- Are larger in stature
- Aren't feeling satisfied at meals
- Eat less frequently throughout the day
- Are very active
- Are trying to gain muscle
- Aren't getting muscle-gain results

IF YOU NEED LESS FOOD BECAUSE YOU...

- Are smaller in stature
- Are feeling too full at meals
- Eat more frequently throughout the day
- Are not very active
- Are trying to lose weight
- Aren't getting weight-loss results

...THEN START BY ADDING...

Men: 1 cupped handful of carbs and/or 1 thumb of fat to a few meals each day.
Women: 1/2 cupped handful of carbs and/or 1/2 thumb of fat to a few meals each day.

...THEN START BY REMOVING...

Men: 1 cupped handful of carbs and/or 1 thumb of fat from a few meals each day.
Women: 1/2 cupped handful of carbs and/or 1/2 thumb of fat from a few meals each day.

This system is easier than counting calories and nearly as accurate.
Just like with counting, though, pay attention to results and adjust as needed.

For the full article explaining this infographic:
http://www.precisionnutrition.com/calorie-control-guide

Pn PrecisionNutrition